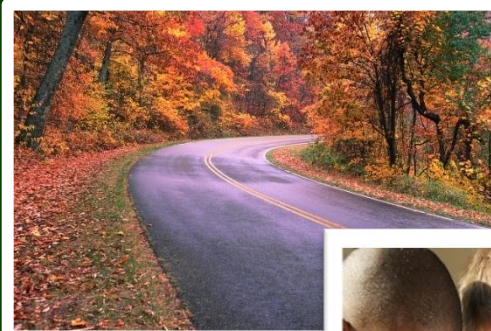


# State of Health



**Amanda McCarty**  
**Director, Bureau for Public Health**

# Our State of Health

West Virginia ranks among the bottom in America's Health Rankings, as of 2013, overall we are ranked 46<sup>th</sup>.

- 50<sup>th</sup> Preventable Hospitalizations
- 50<sup>th</sup> Diabetes
- 49<sup>th</sup> Physical Activity
- 49<sup>th</sup> Heart Disease
- 49<sup>th</sup> Smoking
- 47<sup>th</sup> Obesity
- 47<sup>th</sup> Cancer Deaths
- 45<sup>th</sup> High Blood Pressure

# Demographics

- Median age 41.3 years
  - One of the only 7 states with a median age > 40
- Highest level of Education - High School Education 41.35%
- 18% report being disabled
  - Compared to 12% of the U.S. population
- Highest death rates in the U.S.
  - 51.5% of resident deaths in 2011 due to:
    - Heart Disease
    - Cancer
    - Chronic Lower Respiratory Disease
- Obesity rate 33.8%
- Smoking prevalence of 28.2%
  - Compared to 19.6% of U.S. population

# Contributing Factors

- Education
- Income
- Tobacco
- Healthy Eating Habits
- Obesity & Overweight
- Physical Activity
- Oral Health

# Health Access & Quality

- In 2010, nearly 18% of all adults needed to see a doctor sometime during the past 12 months and did not because of the cost.
- Access to Primary Care Providers – 24.1% of WV's populations did not have one or more medical professionals they considered a personal doctor or health care provider.
- Preventable Hospitalizations – in 2011, WV had 100.7 preventable hospitalizations per 1,000 Medicare enrollees.

# The Human Cost of Chronic Disease

- Chronic diseases cause 7 out of every 10 deaths.<sup>1,2</sup>
- Chronic diseases such as diabetes, cancer, and heart disease are the leading causes of disability and death in the US.<sup>1</sup>
- About 25% of people with chronic diseases have some type of activity limitation. This includes difficulty or needing help with personal tasks such as dressing or bathing. It may also mean being restricted from work or attending school.<sup>3</sup>
- Health insurance co-pays and out-of-pocket expenses continue to rise. In many cases, choices and care are limited.<sup>1</sup>
- The disabling and long-term symptoms that often come with chronic diseases add to extended pain and suffering. This decreases the overall quality of life.<sup>1</sup>

1. The Triple Solution for a Healthier America. Available at <http://www.forahealthieramerica.com/ds/impact-of-chronic-disease.html>

2. Centers for Disease Control and Prevention. Chronic Disease Overview: Costs of Chronic Disease. Centers for Disease Control and Prevention Web site. Available at <http://www.cdc.gov/nccdphp/overview.htm>

3. Partnership to Fight Chronic Disease. The Implications for Individuals. National Heart, Lung, and Blood Institute Web site. Available at <http://www.fightchronicdisease.org/implications/you.cfm>.

# Future Focus

Presentations focused on health care concerns for West Virginia

- Obesity
- Diabetes
- Heart Disease
- Cancer
- Other – suggestions?

Address:

- Statistics
- Impact on state resources
- Steps being taken to address from the State/DHHR perspective
- Discuss steps taken to address from partner perspective

# Thank You!

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